

- LAW OF ATTRACTION -

BUSINESS PLANNING *Workbook*

Business planning to help you effectively use
the law of attraction to create your ideal
business

INTRODUCTION

Welcome to your law of attraction business planning workbook

The law of attraction is already working in all areas of your life, including your business. My aim with this workbook is to help you plan your business in a way that helps you effectively use this power to create the business you want.

Business Planning with a different

Just to be clear. This is not the kind of business plan you'll be taking to the bank. Instead, it's the kind of business plan that the Universe responds to.

You'll learn how to...

- Get super clear about the business success you want
- Send clear messages to the universe (so that the law of attraction works for you the way you want)
- Be a match for the business success you want
- Plan your business goals and action in a way that helps you effectively use the law of attraction in your business

I want you to think of the law of attraction as a really powerful helping hand that's capable of helping you to create the business you want.

Wendy Tomlinson

WENDY TOMLINSON

Law of Attraction Practitioner

EFT Master Practitioner

Life Skills Coach

LAW OF ATTRACTION BASICS

Before we get started, it's important to understand some law of attraction basics. Even if you're quite familiar with the law of attraction, please take the time to read this section.

The law of attraction works exactly the same for everyone.

To some people, this sounds impossible, but it's true. The only job of the law of attraction is to match your vibrational energy.

An easy way to monitor your vibrations is by the way you feel. If you feel low, your vibrations are low and if you feel fantastic, your vibrations are high.

Always aim to raise your vibrations wherever you can.

Most people use the law of attraction on a kind of default setting. They're not deliberately attracting what they want.

The law of attraction responds to 5 things - Your thoughts, feelings, beliefs (these are the big 3) and also the things you say and the things you do.

IMPORTANT: I'd like you to take a few minutes now before you go any further, to read this blog post...

5 steps to get the law of attraction working for you in your business.

<https://morningbusinesschat.com/5-law-of-attraction-for-business/>

This post will help you understand how to be a match for the business you want.

FOCUS YOUR ATTENTION ON WHAT YOU WANT IN YOUR BUSINESS as
if you already have it.

YOUR BUSINESS RIGHT NOW

It's important to do a reality check now so that you have a clear starting point and reference moving forward to see your progress.

Record where you are in your business right now. This is your starting point. Over time you can come back to this worksheet and easily see how much your business has changed.

My Business right now

Today's date _____

My yearly business income _____

I pay myself _____ Monthly/weekly

My average weekly work hours are _____ per week

Describe your normal business day

In the space below describe how you feel about your business now. Remember that the law of attraction responds to your feelings so this is an important part to include now and be honest about how you feel.

1-10 Rate Your Business

On a scale of 1 -10 How happy are you with the current state of your business?

1 being totally dissatisfied and 10 being completely happy.

1 2 3 4 5 6 7 8 9 10

Your Score NOW (1-10) is:

Here are some key things to think about

NOTE: Not all of these things will fit your business or be important to you. Use them as a springboard for other ideas.

- What your business mission is
- When you work – What are your normal work hours? Are these work hours set or flexible?
- Where you work
- What is your workspace like?
- Who do you work with? A partner, employees, on your own, with the help of a Virtual Assistant, people you collaborate with
- Who supports you in achieving your business goals?
- How much time off do you get?
- What sort of equipment do you have?
- How much do you pay yourself/annual profit...?
- Do you give a portion of your profits to charity or local projects/investments?
- What sort of clothes do you wear?
- Have you won any awards?
- What is your biggest achievement?
- How does your business life fit in with your personal life?

...

You can pop a number (1-10) next to each of the notes above if this helps.

WHAT IS SUCCESS?

Understanding what success means to you personally is essential. Your idea of business success may well be completely different to my idea of success.

Also, just because you write something down at this stage does not mean that you have to stick with it for life. What we want changes throughout our life.

What I would have written down as my idea of success 20 years ago is definitely not the same as it is today.

I recommend that you check and adjust this workbook regularly - At least every six months, ideally monthly. This will also help you to stay super focused.

I want to give you an example of different ideas of success.

Alice, like myself, is a qualified life coach. Her perfect business looks something like this...

She has a fully booked coaching practice, with a big luxury office where she sees her clients. She works 6 days a week and makes a 7 figure income.

As you may know, I stopped offering private coaching sessions back in 2017 to become a full-time blogger (my real passion). I still help people all over the world in a way that I absolutely love. The 2 versions of success are very different.

We're all different. We all want different things and that's what I really want you to focus on in this part of the workbook.

First, you're going to describe your ideal life. This will serve to give you a bigger picture outside of your business.

Next, you'll describe your ideal business taking into account the overall life you want.

NOTES ABOUT YOUR IDEAL BUSINESS and IDEAL LIFE

Before you describe your ideal business and ideal life, I want to share some thoughts with you. Hopefully, this will help you to make the most of this exercise.

For your ideal life, think about what you want outside of your business, such as friends, family, how you spend your free time, places you want to travel to, how you want to travel... whatever is important to you

I love working from home. I love the flexibility and time freedom my business allows me. In reality, I can work from anywhere I want, when I want. I love this. This gives me a huge sense of success that fits perfectly with my ideal life.

Years ago when I was a full-time life coach, I was offered high paying jobs speaking at events. I turned them down as they didn't fit with my idea of success for my business or my life.

When you're clear about your ideal life and ideal business, making decisions like this is easy. You focus on what's important to you.

NOTES ABOUT YOUR IDEAL BUSINESS and IDEAL LIFE

Many people tend to judge your success based on their idea of success. That's normal. This is why it's so important for you to be super clear about your own idea of success. Otherwise, you're likely to be building a version of success you don't want.

Know what matters to you and remember that your idea of success is likely to change over the years, so keep adjusting.

I want to share a little story with you. A few years ago I received almost daily emails from a person wanting to interview me live on their show. After the first invite, I politely declined and wished this person success with their venture.

This person continued to email me for about 2 weeks. They clearly assumed that I didn't want to do the interview because the idea scared me or something along those lines. And no matter what I said, they didn't get it.

I have done several interviews, especially early in my coaching career. I really didn't enjoy them. It wasn't a fear thing or a confidence thing. It just wasn't something I enjoyed. I think mostly because I needed to commit to a specific time and that is never a part of my ideal life.

Because I was super clear about my own idea of success, I was able to stay focused on what does matter to me even though this other person believed something different was my key to success.

Remember that success looks very different to different people.

What is your ideal life?

Your business, whilst super important is just one part of your life. Therefore it's important to also get clear about what your IDEAL LIFE overall looks like. I believe your business serves to allow you to have your ideal life.

Describe your ideal life.

What is your idea of business success?

I want you to really think about this and what would need to happen in your business for you to feel successful.

Make it very personal to you. And make sure it fits with your ideal life.

Describe what business success is for you.

IDEAL CLIENTS

The people who provide an income for us differs greatly. A shop owner relies on people coming into their shop and buying goods. The author relies on people buying their books.

As a Blogger, my ideal clients are the people who come to my blog, read my blog posts, share them with their friends and buy things I recommend.

I want them to read several blog posts at a time and come back to my blog often. I want them to become real fans of my work and apply what they learn in their own life and business.

What to do when your NOT ideal client shows up

If you have clients that are not your ideal right now, simply focus on what you do want.

A power question to ask yourself is... "If I don't want this, what do I want?"

Also, be clear with your clients about what you expect from them. Here's an example:

I once had a coaching client that I worked with regularly over the phone. Each week, this person would be totally unprepared for the call which usually wasted a good 5 minutes of the call. Each call we would agree on a plan of action. Each week this person wouldn't do the agreed plan of action, always making excuses for not doing them.

After a few weeks, I sat down and wrote out a description of my ideal client and how we worked together. This particular client stopped coaching with me. She acknowledged that she didn't want to put the work in at that time and thanked me for my time.

Don't worry about people who are not your ideal clients moving on. Focus on attracting the people that are your ideal clients.

IDEAL CLIENTS

Things to think about...

What journey would you like them to take with you and your business? For example, moving through your sales funnel and buying something specific.

Do they tell others about you and your business and what kinds of things do they say?

How long are they typically your client/customer?

What is their average spend with you?

How do they interact with you?

Where do they live?

How old are they?

What are they interested in?

What do they want help with?

...

Describe your ideal client on the next page.

TIP: I recommend you get in the habit of doing a quick like, don't like check with all of your customers/clients.


Let's say you're a hairdresser. Your client is a middle-aged lady, who is really pleasant to work with and chat to. She enjoys the whole experience of having her hair washed, cut and styled, she also likes to buy herself a couple of hair products that are recommended to her each time she visits. She leaves an extra tip and she tells her friends about your salon. However, she always arrives late for her appointment.

Mostly this client is ideal. Acknowledge all the things you really love about this client and reconfirm what you do want. I want all of my clients to arrive early or on time.

Describe your ideal client

Use the space below to describe your ideal client. I encourage you to include how you feel about your ideal clients too.

Describe your ideal client

A large, empty rectangular box with a thin black border, intended for the user to write their description of their ideal client. The box is currently blank.

Your ideal business day

In this section of the workbook you're going to get really clear about your ideal business day.

I want you to think about your actual business hours, but also the time before you start your business day, lunch, and your life out of the business. Really set the scene.

Let me give you an example of my ideal day

After a really relaxing start to my day, I walk our dog, make myself a nice mug of tea and then settle down in my spacious office that overlooks our garden.

I check social media and enjoy responding to people who have commented on my Facebook page whilst I enjoy my mug of tea.

I respond to comments on my blog. I really love the comments on my blog. I love that people are really enjoying my posts and finding them helpful.

I've received several notifications of PayPal payments, which I happily transfer to my business bank account. I love that feeling of knowing I've had money paid to me overnight whilst I've been relaxing and sleeping.

I then spend the rest of the morning working on my blogs.

My sister joins me for a relaxed lunch in the garden, sitting in the sunshine, I return to the office with a nice cool drink. I work on creating some Pinterest images and update a couple of blog posts..

It's important that your business fits in with your ideal life and therefore it's important to include your personal life in this Ideal Business Day description.

Tip: Make it a habit at the end of the day to really acknowledge what you liked about your day and anything that you didn't like, simply clarify what you do want.

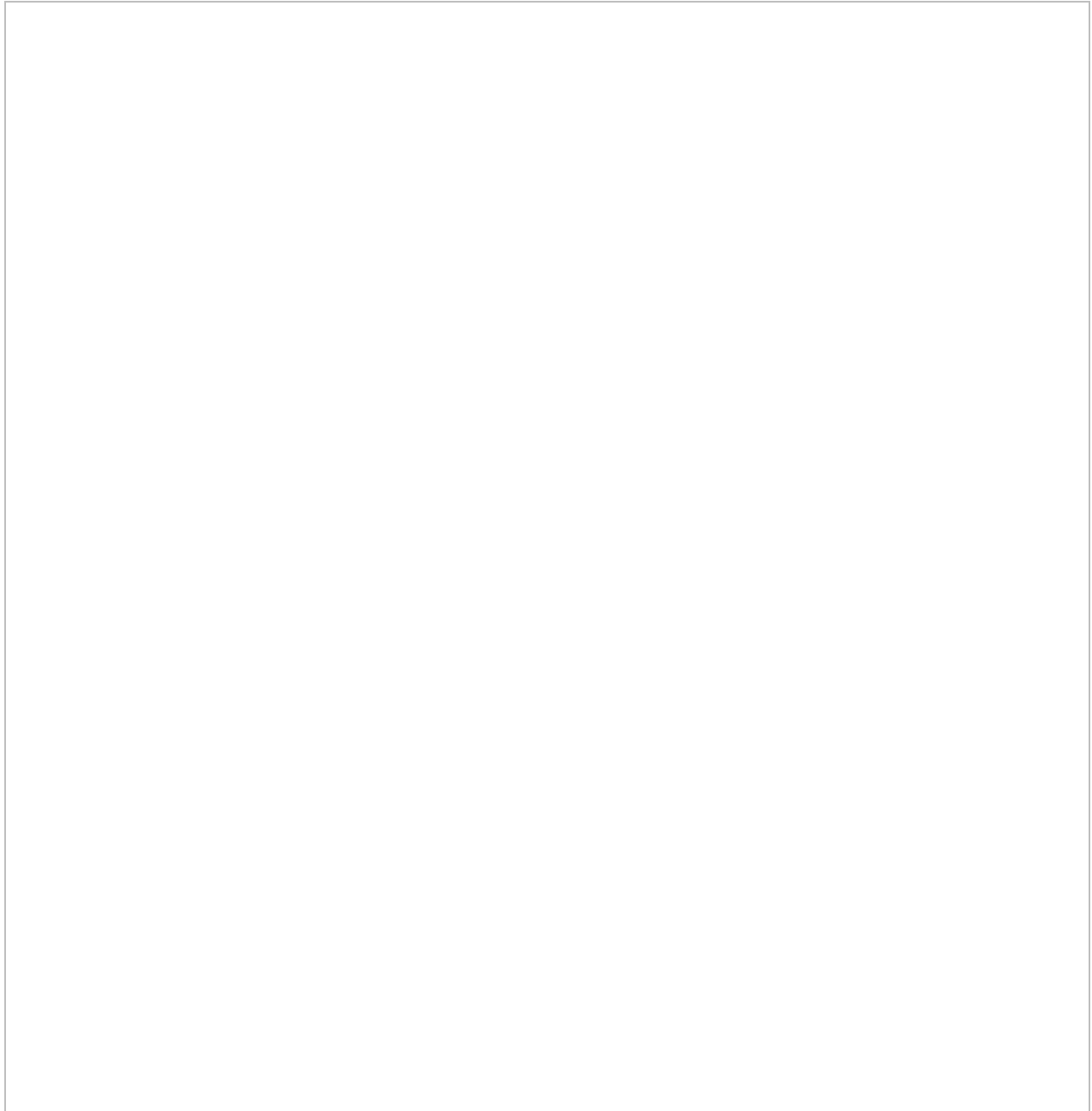
EXAMPLE: I didn't like it when my internet is running slow. I love it when my internet works really well.

Your script can be different each day. You're in charge.

DESCRIBE YOUR IDEAL BUSINESS DAY

Remember that this is just an example of your typical ideal business day. You can change it to fit each day.

Describe your ideal business day

A large, empty rectangular box with a thin black border, intended for the user to describe their ideal business day.

Raise Your Vibrations

The best way to monitor your vibrations (vibes) is to pay attention to how you feel.

There are three steps to the law of attraction process.

1. Clarity – Which you've been dealing with in the previous worksheets
2. Raising your vibrations – Which we'll talk about now
3. Allowing – Which we'll deal with in the next worksheet

Let's talk vibrations (vibes)

You can go online and do a search for a super detailed explanation. Right now though, all you really need to know is that at any given moment your vibes are positive or negative. High (positive), Low (negative).

Monitor your vibes (the energy in your body and the energy you're sending out into the World) by the way you feel. If you feel positive then your vibes will be positive. If you feel low, negative then your vibes will be low.

In terms of how the law of attraction works, the higher our vibes (the more positive you feel) the easier it is for you to attract the things you want.

When your vibes are negative, you block the things you want and actually encourage the things you don't want.

EXAMPLES OF LOW VIBES (NEGATIVE VIBES) IN BUSINESS

Imagine that you own a shop and you haven't been very busy this month. You may start to worry (super negative, though natural emotion) and focus on the fact that you're not making enough sales, not getting enough customers coming into the shop and not making enough money (LACK!!!!)

Emotions you may experience at this time are worry, fear, tension, frustration...

What you're then a match for attracting is LACK, NOT ENOUGH!

A turnaround would be to focus on what's going right, the money you do have coming in and the customers you do have. Becoming more and more of a match for the business you do want.

Raise Your Vibrations

It can feel like it takes a lot of effort to SHIFT YOUR FOCUS to the positives and work on raising your vibration (IMPROVE YOUR EMOTIONS – POSITIVE)

I want to give you some really practical ideas to raise your vibrations around your business.

Watch where you put your focus

As mentioned above, focus on what's already going well in your business, what you like and what you want.

Here's a reminder of that power question for clarity... "If I don't want this, what do I want?"

Focus on Gratitude

Express gratitude whenever you get the chance. Show gratitude for your staff, your suppliers, customers...

When you get invoices, be grateful that you have the money to pay them.

When you make a single sale, even if you need to make 100 more to break even, be grateful for that sale.

I've witnessed a shop owner virtually ignore a paying customer and then tell me how slow business is. He didn't focus on the customer that had just been into his shop and spent money. He was so focused on not enough sales.

Shifting the focus to sales made raises the shopkeeper's vibes, really paying attention to the customer would help that customer raise their vibes making them more likely to return and tell other people about the business and the whole energy within the shop changes to positive.

I encourage you as a business owner to keep a daily gratitude journal specifically for your business. Write at least 3 things specific to that day that you're grateful for.

For example, I so grateful for the affiliate sales I made today. I'm so grateful for the increase in traffic to my blog today. I'm so grateful for the time-freedom I have in my business day.

Raise Your Vibrations

Reframe things

Put a different frame around the picture. Tell a different story about a specific situation. Any situation.

At the time of writing section of the workbook, I have a notification sat on my desk letting me know that my power will be off for around 5 hours tomorrow. I work a great deal online so will impact my business day.

Initially, I got a bit frustrated about this especially as it is right smack bang in the middle of my workday and I really wanted to get specific work done.

I realized I was being negative about the situation and decided to reframe it. It's been a busy few months, so actually, a break would do me good. I can also sort out paperwork, I can charge my laptop full and do some writing offline...

I've definitely raised my vibrations and the day will still be productive.

A simple way to do this is to ask yourself, what's a better way to look at this situation?

Affirmations

Affirmations are positive statements that I encourage you to say to yourself many times throughout the day.

Here are a few examples...

- I'm successful in business
- Every day my business is more and more successful
- I always have enough time to complete all of my work
- I attract my ideal clients
- I am good at making sales
- People love doing business with me
- People love to recommend me...

Think about what you want and create affirmations to support you. If you want to be successful and you're not yet, try saying... Every day I'm becoming more and more successful.

Raise Your Vibrations

Attraction statements

These statements are similar to affirmations but many people tell me they find them more effective. I encourage you to really put a lot of feeling into these statements. Imagine winning the lottery and how you'd react or receiving a present you really wanted.

The three attraction statements

1. I'm in the process of attracting... (add what you want to attract)
2. The law of attraction is lining things up for me so that I can easily attract (repeat what you want)
3. I LOVE IT WHENas if the thing you want has happened.

Here's an example...

1. I'm in the process of attracting 100's of sales every week
2. The law of attraction is lining things up for me so that I easily attract 100's of sales every week
3. I love making 100's of sales every week, or I LOVE IT WHEN I make 100's of sales

It's almost like saying a huge thank you for what you expect to receive. Remember to add excitement, especially to the I LOVE IT WHEN... statement.

QUESTIONS TO RAISE YOUR VIBES

Below are some powerful questions to help raise your vibrations. Try not to overthink your answers, just go with whatever comes to mind.

Thinking about your ideal business, who do YOU need to BE in order to achieve this?

I need to be...

What can you do to help become this person now and over the next few months?

What or who energizes you in your business? (What makes you feel really positive?)

QUESTIONS TO RAISE YOUR VIBES

What or who drains you in your business?

What can you do to eliminate, or reduce the things that drain you?

What's going well in your business now?

QUESTIONS TO RAISE YOUR VIBES

What are you grateful for in your business?

List 5 things that help you in your business that you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.

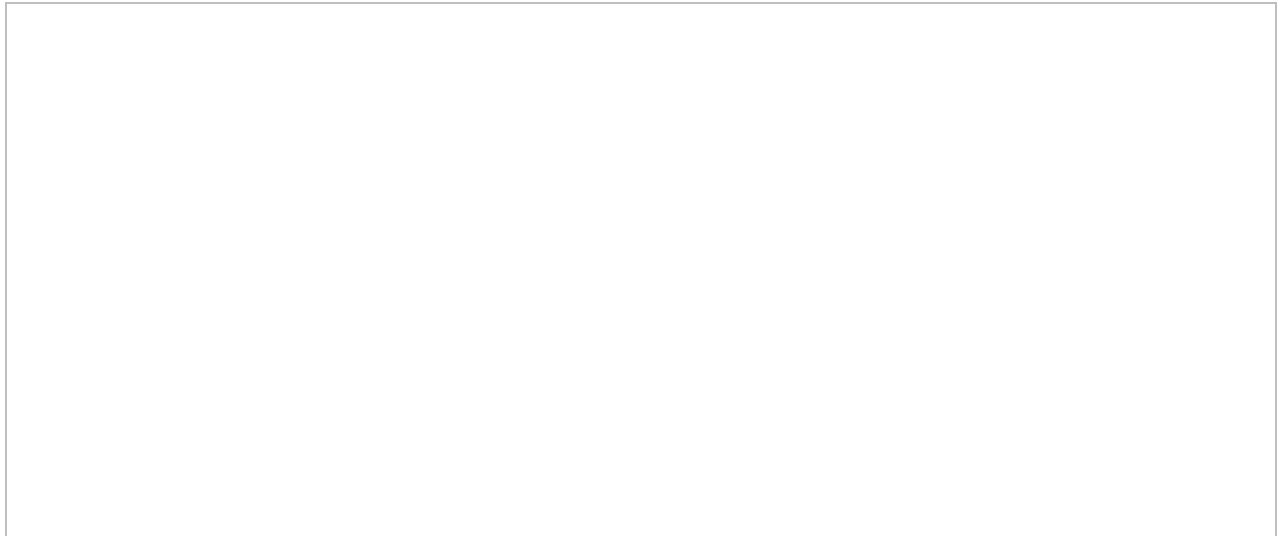
What have you already achieved in your business?

QUESTIONS TO RAISE YOUR VIBES

What kind of people do you admire in business? And why?



What are the traits that you admire about these people? How can you be more like these people starting now?



ALLOWING YOUR IDEAL BUSINESS

There's a really important law of attraction saying... If you're not receiving what you want then you're resisting it.

So many of us block the things that we want and the biggest way we do this is through our beliefs. We pick up beliefs, positive and negative, helpful and not helpful all the way through our lives and from a very, very early age.

Let me give you an example: As a child, you may well have been told not to talk to strangers, it's not safe.

As an adult business owner at a networking event, that belief is definitely not helpful for you and can block your success.

You may have a deep-rooted belief that people like you don't succeed in business.

Often, we're not even aware of limiting/negative beliefs that block us or cause us to self-sabotage our business.

One way that I highly recommend for any limiting beliefs is EFT (Emotional Freedom Techniques). You can also use this technique to help release negative emotions and raise your vibrations.

For ideas and to watch my EFT introduction video please go to <https://www.youtube.com/LOAwithWendy/playlists> and there are loads of EFT scripts on my blog at <https://lifeandbusinesswithwendy.com/category/eft/>

Questions for Allowing

These questions are designed to help you allow the business success you want by creating a mindset shift.

What is one action you could take today or within the next 24 hours that would start moving you towards your ideal business?

What is one action that if done regularly, would consistently move you towards your ideal business?

Imagine that you are with someone that you really admire in business. What advice do you think they would give you to be more successful in your business?

Questions for Allowing

Who do you need to forgive to allow yourself to achieve your ideal business?

Tip: You may need to forgive yourself. Also think about anyone who has added to your negative beliefs about yourself, your ability to be a success in your business and anything else about business.

Simply think of the person and say “I forgive you” If you want to you can be specific.

I forgive you for not believing in me and my ability to be successful.

I forgive myself for allowing other’s to hold me back.

I forgive myself for getting distracted and not completing my work...

Many people struggle with forgiveness. The key to remember is when you forgive yourself and others, you set yourself free and remove blocks.

I need to forgive...

What challenges have you already overcome in your business?

Allowing questions

Imagine that you are talking to someone you really admire in business. What advice do you think they would give you to become more successful in your business?

What achievement are you most proud of in your business?

Why do you think you can create your ideal business?

What do you consider to be your best trait in business?

Allowing questions

What are your strengths in business? What are you best at?

What do you love the most about what you offer in your business?

What do you love the most about having your own business?

ALLOWING EXERCISES

Do some EFT daily to help release resistance and help you allow

Round 1 - Release Blocks

Set-up (tapping the side of the hand, repeat three times) - I'm tapping to release any blocks to creating my ideal business. I allow success.

- Top of the head - releasing
- Start of the eyebrow - releasing
- Side of the eye - releasing
- Under the eye - releasing
- Under the nose - releasing
- Under the mouth - releasing
- Collarbone - releasing
- Under the arm - releasing

Round 2 - Allowing

- Top of the head - allowing
- Start of the eyebrow - allowing
- Side of the eye - allowing
- Under the eye - allowing
- Under the nose - allowing
- Under the mouth - allowing
- Collarbone - allowing
- Under the arm - allowing

I recommend that you do each round 3-5 times daily for 30 days. Before you start tapping each day, take a few minutes to really focus on your ideal business.

Remember that if you don't yet have what you want then you're resisting it.

Feel free to add in other EFT scripts as well as this one

<https://lifeandbusinesswithwendy.com/category/eft/>

AFFIRMATIONS

Create a list of 10 affirmations that will really support you in your business

For ideas for business affirmations, I encourage you to read this blog post...

<https://lifeandbusinesswithwendy.com/affirmations-for-business-success/>

I've included a list of empowering business affirmations below too.

1. My business is a huge success
2. I believe in myself and trust in my abilities to succeed in all that I do
3. Being successful is natural for me
4. Success, money and happiness come easily to me
5. My work makes a difference
6. I am smart and successful
7. I can achieve any goals I set myself in business
8. I create wonderful business opportunities
9. My income is constantly increasing
10. My income is rapidly increasing
11. As I become more and more successful, I help more and more people
12. I am passionate about my business and that shows in everything I do
13. I easily attract sales
14. I easily attract my ideal clients
15. My business allows me to have a life I love
16. I'm energized in my business
17. I love the freedom my business provides for me
18. My business dreams are constantly manifesting
19. I am a perfect match for my ideal business
20. I am thankful for the opportunities that come my way
21. I am thankful for each and every person who contributes to the success of my business

AFFIRMATIONS

Choose 10 affirmations from the list of examples or create your own. These affirmations should really support you in creating your ideal business.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Get into the habit of saying these affirmations every day. Always at the start of your business day and then anytime you can throughout the day. Fill your mind with messages that support you.

ALLOWING EXERCISE

Turn it over to the Universe

Are there things in your business you currently feel that you have no control over? If there are then turn them over to the Universe.

Write them out and then at the end write 'I turn all of these things over to the Universe. I trust the Universe to bring me... (add what you want). Thank you.'

This allows you to just get on with the things you do have control over. Trust that the Universe will sort everything else out.

Here's an example...

I'm not making the number of weekly sales that I need. I turn this over to the Universe. I trust that the Universe will bring me more and more sales now.
Thank you

My internet isn't working. I turn this over to the Universe. I trust that the Universe will sort this out in the best and fastest way possible. Thank you

Why you add 'Thank You'

When you do this exercise, always add thank you at the end of your statement. This shows gratitude and suggests that it's already happening for you.

MONTHLY BUSINESS PLANNING

On the following pages you'll find your essential monthly business planning questions and your review questions.

MONTHLY PRINTABLES

For your convenience, I have added your monthly printables as individual downloads as well as included them in this workbook. This allows you to print them out as you need them.

This includes...

- Your Monthly Business Plan
- Your Monthly Business Review
- Income Tracker

MONTHLY LOA BUSINESS PLAN

Use this area as a reminder of what's important and what to focus on each month.

Briefly describe your ideal business

Briefly describe your ideal client

This month, I'm in the process of attracting...

My POWER AFFIRMATION for this month (Choose one that will really support you in achieving your goals this month)

MONTHLY LOA BUSINESS PLAN

What are my priority focus areas for this month in my business?

My key goals to achieve this month

MONTHLY REVIEW

Every month, review what's happened. It's important to pay attention to what you're achieving and what you're attracting. I encourage you to add to this review page throughout the month and especially at the end of each month.

Key achievements this month

What I'm grateful for in my business this month

MONTHLY Review

Focus on answering these questions at the end of each month.

What could have gone better? And what would you have wanted instead? If I don't want this, what do I want?

What are you most pleased with this month?

Income Tracker

This tracker is different to your business accounts.

You'll focus completely on what's coming into your business. This includes money and I also want you to add things of value that you attract.

For example, if you are given a free trial of a valuable service for a month, find out how much the actual cost is for a month and add this to your VALUE list.

If a friend helps you on your blog for an hour at no charge, estimate how much this time is worth in money and add to your VALUE list.

YOU ATTRACT MORE OF WHAT YOU FOCUS ON.

MONTH	MONEY IN	VALUE IN	TOTAL
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			
YEARLY TOTAL			

EXTRA WORKSHEETS AND GUIDES

On the following pages you'll find extra questions and mini-guides to help you effectively use the law of attraction in your business.

What to do when things go wrong

I'd love to tell you that when you learn about the law of attraction everything goes exactly the way you want, but honestly, from experience and through working with my coaching clients, I know that's not always the case and that's okay, it's one of the ways that we grow and learn.

When things go wrong or things show up in your business that you don't want or like then simply switch the focus to what you do want and the easiest way to do this is to write down (or say)...

If I don't want/like this, what do I want?

I recommend that you actually write this down. I don't know why but it seems to have more impact.

Example:

If I don't like spending hours on social media trying to generate sales, what do I want?

I want someone who really knows what they're doing to sort out social media for me so that I can focus on what I'm really good at.

Or

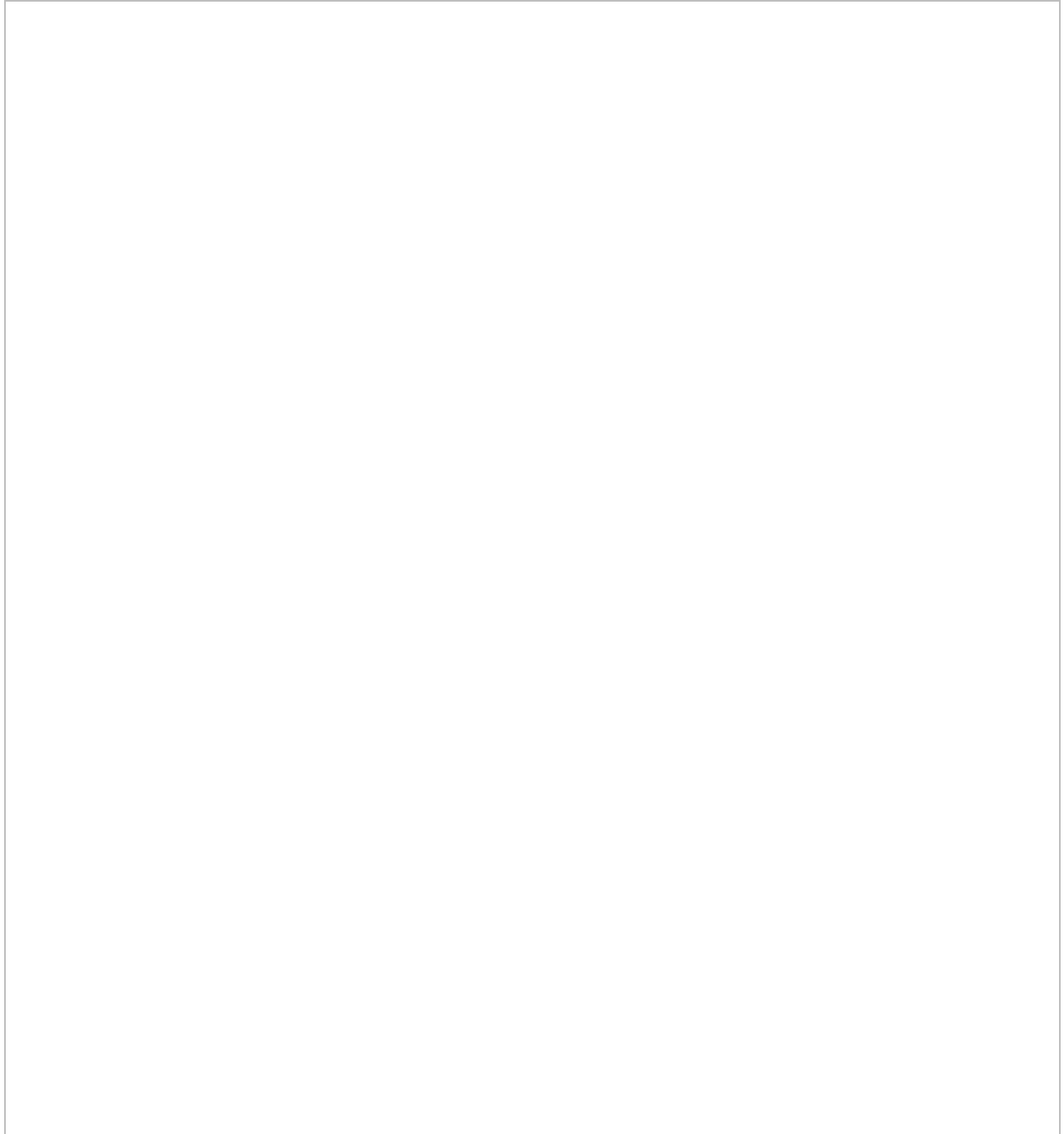
I want my time on social media to be really effective, productive and lead to regular sales.

I tend to find when people first start to understand the law of attraction and really start to get clear about what they don't want and what they do want, it's a good idea to write a list of all the things you don't want then ask "If I don't want this, what do I want?"

Then as things show up do the exercise on specific things.

Charitable Contributions and Legacy

Use this space to talk about charitable contributions you'd like to make, support you'd like to like to give, businesses you'd like to support and the legacy you'd like to leave behind.

A large, empty rectangular box with a thin black border, intended for the user to write their responses regarding charitable contributions and legacy.

DAILY CLARITY AND POSITIVITY EXERCISE

Journaling is an incredibly powerful technique and I recommend that you make this a daily practice at the start and end of each business day

Morning babble writing

Morning babble writing is my productivity secret. It so often makes the difference between days when I get nothing done of any value and get loads done.

The idea behind babble writing is simply to get these things out of your head and onto paper. It doesn't even need to make sense. Just write it out.

Anything that is filling your head and not helping you get on with your business day.

Yes, it takes time, but when you do this you create space in your mind for the important things that you do need to focus on and you get more done.

End of day positive only journaling

When you do your end of day business journaling only add the positives. So 50 things might have gone wrong today and only one very small thing went well, write about that one positive thing.

One of the rules of the law of attraction is that what you focus on expands. I've certainly found this to be true both in a negative way and a positive. If you focus on negatives, they tend to increase, get worse and EXPAND!

So my advice is to focus on the positives and see if they increase, improve and EXPAND!!!

Your Business Environment

Think about your business environment, the place you work.

How is it decorated? Think about lighting, temperature, smell...

Do you have plants, is there air-conditioning...?

Is it a big spacious building where lots of people work or is it an area within your home?

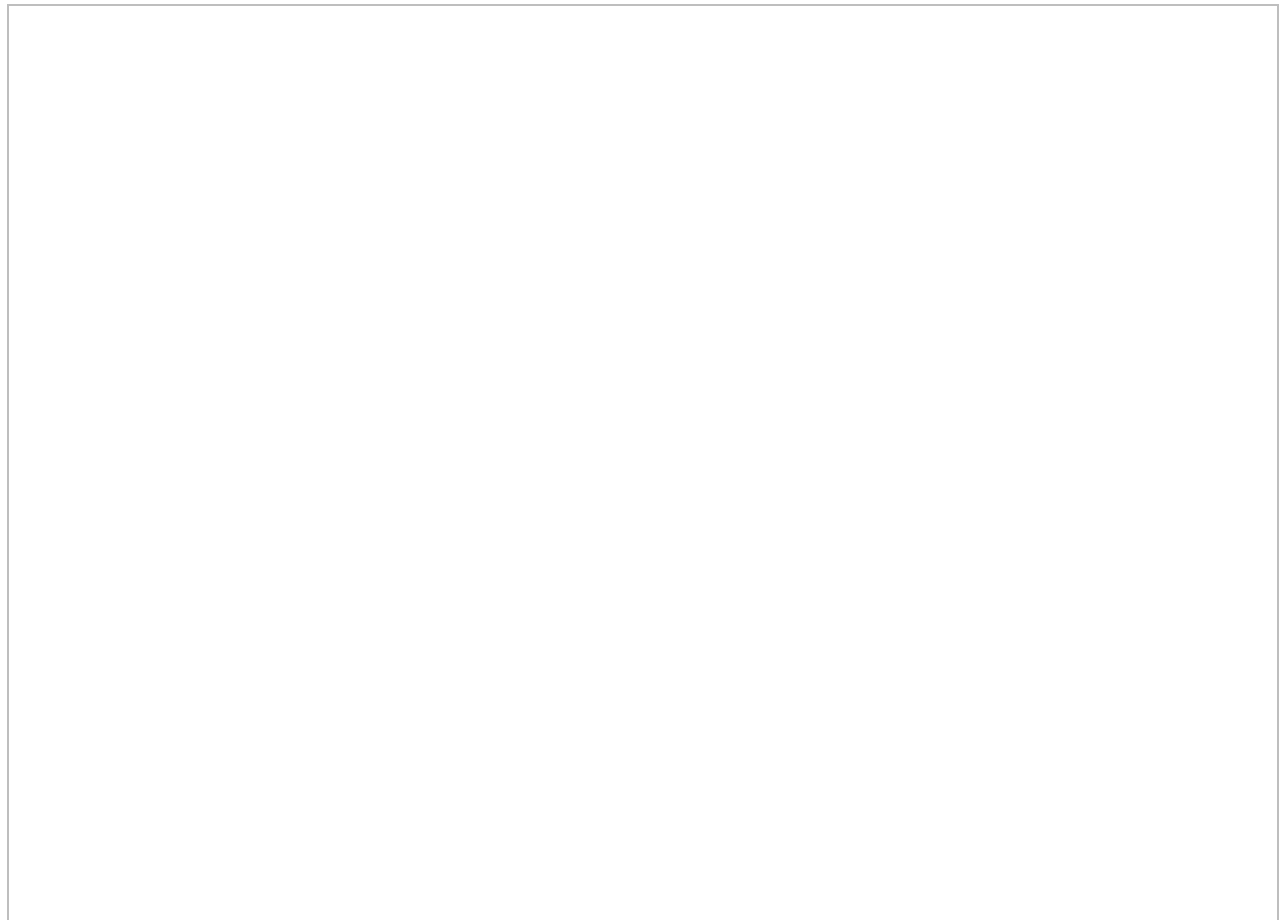
Do you work in the same place or in different places?

Do you travel during your work day? What is your car like? Do you travel first class?

If you have clients come to your business, how would you like them to feel?

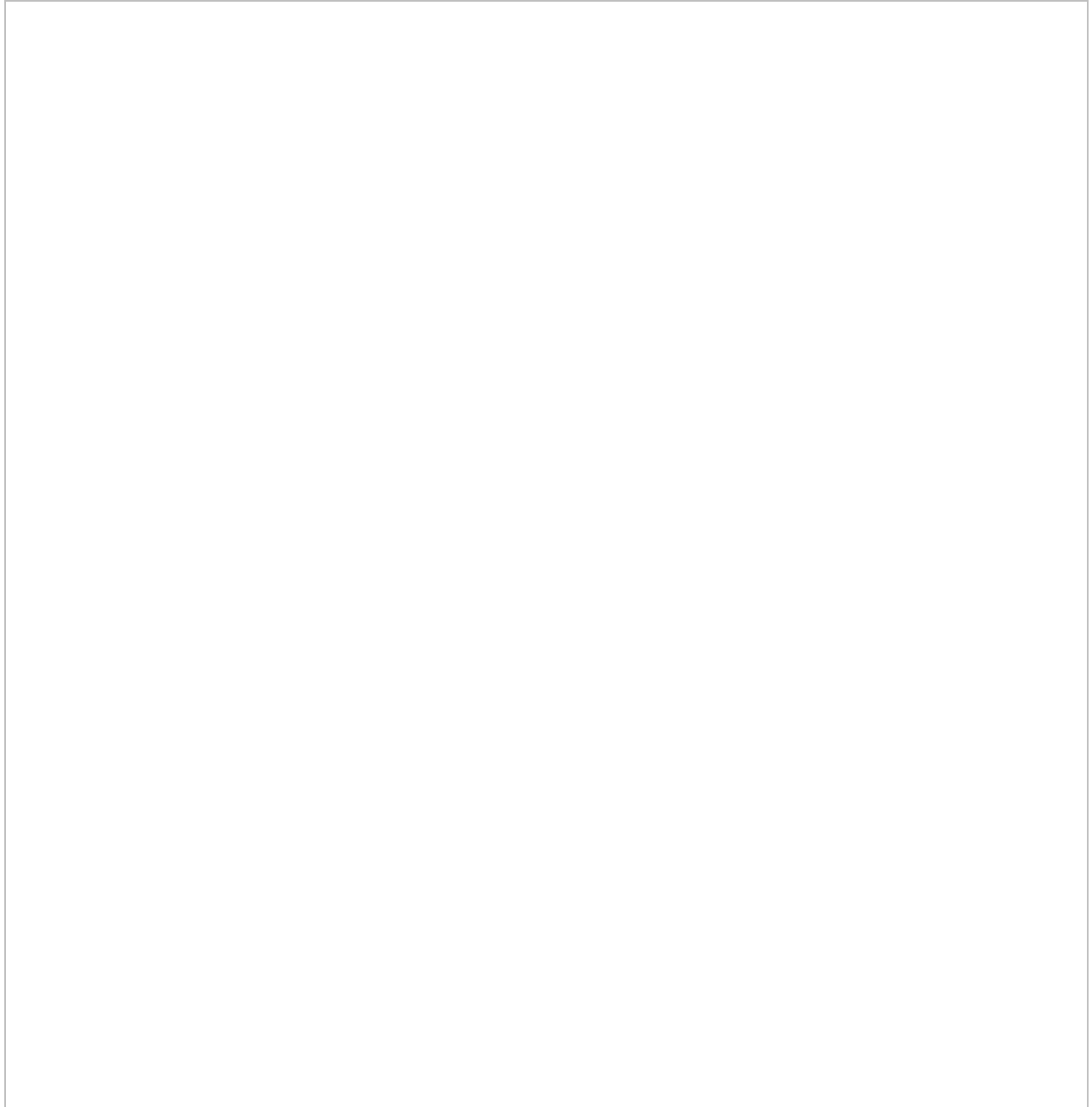
What can you see when you look around you?

This is your ideal business environment. Describe it exactly as you'd like it.

A large, empty rectangular box with a thin black border, intended for the user to describe their ideal business environment.

Your Business Income

Use the space below to talk about your ideal business income, what that means to you and describe how you feel having that income (write about it as if you already have it).

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above. The box is currently blank.

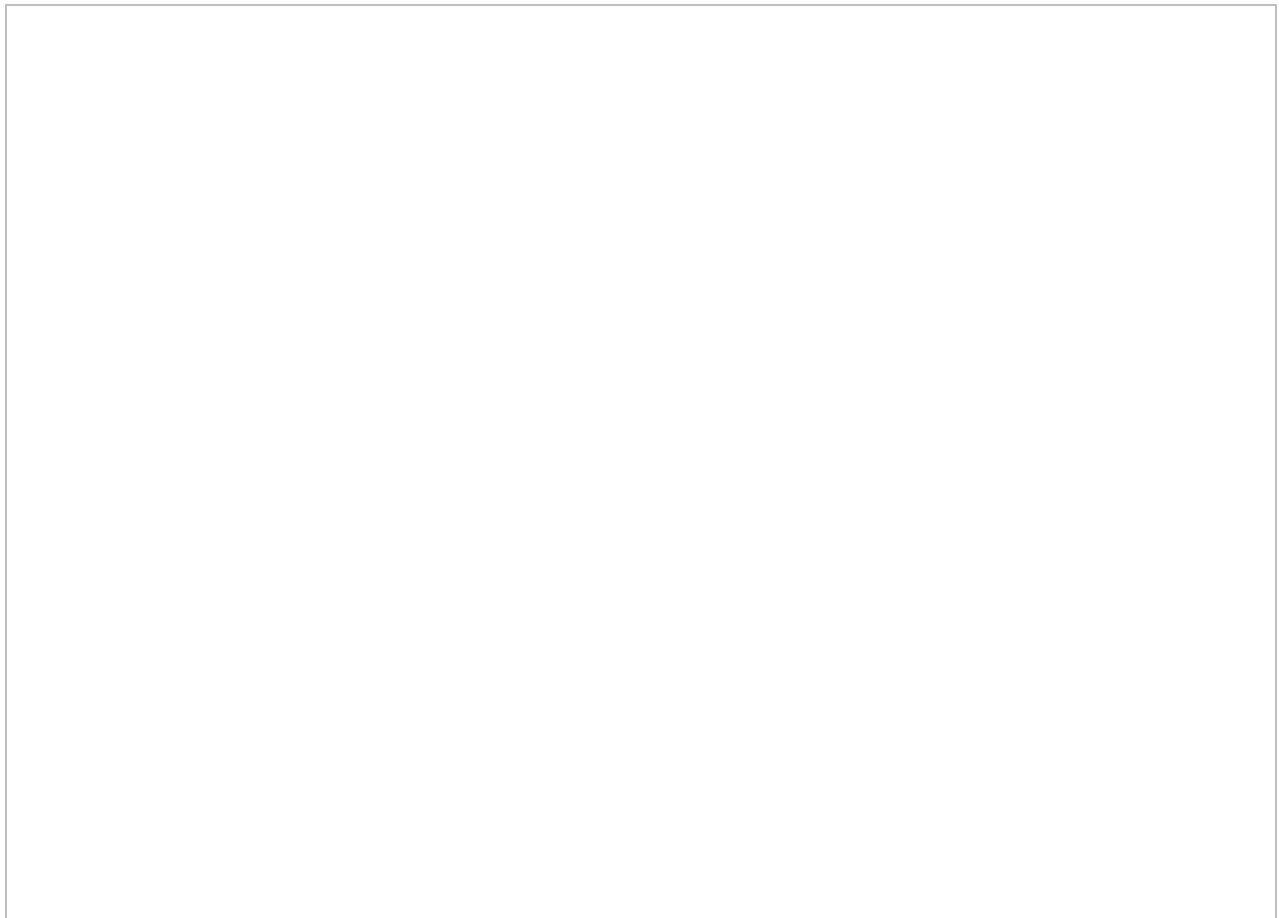
Your Business Team

Tips: For some people, your ideal business team may be obvious. You may want a managerial team, personal assistants, shop assistants, an accountant...

For others think about the people who support you. For example, if you have young children you may need childcare for them whilst you work on your business. It may be that you hire a cleaner so that you can focus on yourself and your business.

Also, think of people that you would like to collaborate with.

Who would your ideal team consist of?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question 'Who would your ideal team consist of?'. The box is currently blank.

Business Marketing

Think about how you market your business and promote your business. Think about any advertising you do, social media, any way that you want to focus on and what results you want to achieve. Also, this may including having other people to market your business for you.

A large, empty rectangular box with a thin black border, intended for the user to write or draw their business marketing strategy.

What's going well? (ongoing list)

Think of all the things that have gone well in your business and are currently going well. Keep adding to your list. When you take the time to acknowledge these things every time they show up, you are basically asking for and allowing more things you want.

A large, empty rectangular box with a thin black border, intended for the user to write down their ongoing list of things going well in their business.

Who do you want to work with?

Use this space to talk about people you want to work with. So this could be your employees, a business partner, another business that you collaborate with on a project, a business service you want to use, someone you want to interview or be interviewed by, a magazine you want to feature your business...

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

You have the power

You've reached the end of your workbook. Before I finish up, there are a few things I'd like to mention

I want to remind you of what I said at the start of this workbook. I want you to think of the law of attraction as a really powerful helping hand. I also want you to know that it's YOU that has the power. Use this power to help create the business you want.

The law of attraction isn't just about focusing on what you want. You need to be a match for what you want. You need to take the right action in your business that shows you're a match for the business you want.

For ongoing support, I'd love you to connect with me on my blog www.lifeandbusinesswithwendy.com I have a special section on Business Mindset but I also want to encourage other posts on the blog. The more you can build a positive lifestyle for yourself outside of your business, the easier it will be to carry that through to your business life.

Wishing you every success in all areas of your life.

Wendy Tomlinson

Please take a minute to leave a review. This really helps. Thanks.

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